

Willow Learners are:

I

Inquisitive

N

Nurturing

C

Collaborative

R

Resilient

E

Enthusiastic

D

Determined

I

Independent

B

Brave

L

Limitless

E

Expressive

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The Willow Primary School Healthier Packed Lunches

Eating well is important.

*Children need to eat well as it gives them
energy and nutrients to grow, develop, and be
healthy and active.*

A healthy, enjoyable lunch gives children the
energy they need to learn and play at school
too.



The Willow School Healthier Packed Lunch

Tips and suggestions



*Willow learners are INCREDIBLE — see inside for
more!*



The Willow School on Broadwaters

Practical Tips for a Healthy Lunchbox





Healthy choices for your child's lunch



School lunch for your child

School meals are a great choice for your child, but if you choose to make a packed lunch for them instead here are some tips for preparing a healthier lunchbox.

Preparing your child's lunchbox

A healthier lunchbox should:

- be based on starchy carbohydrates (**brown/ wholemeal bread, potatoes, rice, pasta, couscous, chapatti**)
- include **fresh fruit and vegetables/salad**
- include a source of protein such as **beans and pulses, eggs, fish, meat, cheese** (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar **yoghurt** (or dairy alternative), **tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly**
- include a **drink** such as water or milk

The school does NOT ALLOW NUTS, CHOCOLATE BARS/BISCUITS, CRISPS, FIZZY drinks or SWEETS in lunches.

- Use lean meats, such as **chicken, turkey or ham**.
- Include **oily fish, such as pilchards, sardines or mackerel at least once every three weeks**.
- **Cheese**, such as cottage cheese, edam or soft cheese.

Further tips

*Put **salad** in their sandwiches, or give them **carrot or celery sticks, cherry tomatoes or satsumas** . **Dried fruit** counts towards their 5 A DAY, so why not try a **handful of sultanas** or a few **dried apricots** as a dessert?*

Once every two weeks, you can include; sausage rolls, sausages and chipolatas, pies and pastries, fried foods.



Drinks

*Drinks, especially **water**, help children to concentrate and feel well.*

***Water** is freely available in school. **Milk** is also available for younger children.*



Ideas to vary your child's lunch

- ♦ Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- ♦ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ♦ If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- ♦ Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- ♦ make sandwiches using a **slice of white and a slice of wholemeal bread**.
- ♦ For variety, use **pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip**.